

## Recommended Packing List

### What to Bring:

- Sleeping bag OR sheets and blankets
- Work shirts (long-sleeve or short-sleeve shirts, no tank tops or cut-offs)
- **Sturdy work pants, jeans or khakis (Required for work sites: no shorts or sweatpants)**
- **Work gloves & boots (we have extras if you need some)**
- **Leisure clothes (no revealing clothing, tight shirts or spaghetti strap tank tops)**
- **Leisure shoes (tennis shoes/sandals)**
- **A clean set of clothes for Church services (doesn't have to be your Sunday best, but something clean and modest)**
- Warm sweater or jacket (even in the summer mornings and evenings are chilly)
- Rain gear
- Modest swimsuit (during the summer months, we may take a dip at the end of the week)
- Slippers or indoor shoes (shoes worn outside are taken off at the door)
- Toiletries
- Modest pajamas (sleeping areas can be quite cool, so pack accordingly)
- **Sunscreen**
- **Water bottle**
- Flashlight
- **Insurance card in case of emergency**

\* Clothes should fit the season of your week here. It can be very cold in fall, winter, and spring and hot in the spring, summer, and fall--please plan accordingly!

\* The Farm House can be very cool (55-65) from October-May, please take that into account

\* You can check the weather for the week by looking up Alderson, WV

\* Do not bring any clothes that cannot get dirty

### Optional:

- Pillow
- Snacks to share with all
- Your favorite devotions and songs for prayer
- Musical instrument(s)
- Journal, bible, and/or a book to read
- A little spending money (for the Farm store, dinner on the way here, etc.)
- Camera
- A bag for dirty laundry
- Frisbee, football, and things for other free-time activities
- Ear plugs (for light sleepers)

### What NOT to bring:

- Bottled water or soda pop (our water is healthier for you and for our Earth)
- Watches, iPods, Blackberries, cell phones, or other personal electronic devices (simplicity)
- Makeup, hair dryers or curling irons (not necessary—some of the things we give up for the week)
- Weapons of any kind
- Drugs and/or alcohol